



# Bariatric Liquid Diet Summary

*Teaching from your dietitian*

## Liquid Protein Meals

Slowly sip 5 to 6 liquid protein meals each day. Each meal is ½ cup of smooth blended protein, sipped over ½ hour.

The liquid should be thin and smooth like milk. Try:

- Blended chicken, fish, or cottage cheese
- Strained, low-fat cream soup made with added protein powder
- Plain yogurt with **no** fruit pieces
- Smooth protein shakes that have at least 15 g total protein but less than 15 g total carbohydrate



*Your liquid meals should pour like milk.*

## Hydrating Liquids

- Protein and caffeine drinks are not hydrating, so they do not count here.
- Drink nothing for 30 minutes before and after each meal.
- Drink at least 1 cup (8 oz.) hydrating liquid, each hour, between meals: Flavored water, diet Jell-O, diet popsicle, water infusion, plain water.

## Example of 1 Cycle

Repeat this cycle every 3 hours, over the course of the day:

**9 to 9:30 a.m.**..... 4 oz. (½ cup) blended cottage cheese (15 g protein)

**9:30 to 10 a.m.**..... Do **not** eat or drink anything (½ hour)

**10 to 11:30 a.m.** ..... 8 to 12 oz. (1½ cup) hydrating liquids – sip 2 oz. every 15 minutes

**11:30 a.m. to 12 noon**... Do **not** eat or drink anything (½ hour)

## Daily Goals

- Slowly sip 64 oz. (8 cups, 4 bottles of 16.9 oz. flavored water) between meals.
- Slowly sip 10 to 15 g protein at each meal, at least 60 g protein for the whole day.

## Until Your Follow-up Visit

- Do **NOT** take vitamins or minerals.
- Do **NOT** change the texture of your meals.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weight Loss Management Center: 206.598.2274